

Scope

www.193sow.ang.af.mil

193rd Special Operations Wing
Pennsylvania Air National Guard

Vol. 45 No. 3
March 2013

Enlisted PROMOTIONS

Promotion to Master Sergeant

Jonathan Risley, 193 SOS
Robert Clay, 148 ASOS

Promoted to Technical Sergeant

Karl Schell, 193 SOMXS
Steven Miller, 193 SOMXS
Steven Smith, 193 SOMXS
Brian Myers, 193 SOLRS
Allen Brown, 201 RHS
Jaydee Clark, 211 EIS
Matthew Spittler, 148 ASOS

Promoted to Staff Sergeant

Michael Lafrance, 193 SOSFS
Jason Haines, 201 RHS

Promoted to Senior Airman

Kenneth Mountz, 193 SOCES
Anthony Laroche, 193 SOCES
Amber Aungst, 193 SOFSS
Derek Tripp, 193 SOMXS
Christopher Nagel, 193 SOMXS
David Luther, 193 SOS
Jacob Wisner, 201 RHS
Braxton Heim, 201 RHS

Promoted to Airman First Class

Michael Kaiser, 271 CBCS

Promoted to Airman

Logan Kendall, 193 SOSFS



Fitness CORNER

How can I reduce my waist measurement quickly?

First, drink more water (up to a gallon daily) and you could lose five to ten pounds of retained water. Then focus on healthy eating, limiting fat and processed carbs and adding fiber and protein. Do 45-60 minutes of cardio exercises four to five times a week. Add pushups, sit-ups, pull-ups, squats and crunches every other day three times a week. *Information from the military.com fitness center.*

NEWS & EVENTS

Local taxes apply to military pay

Under the law in effect before the 2012 tax year, all military active duty pay was excluded from local earned income tax. However, under the law in effect in 2012, only active duty pay earned outside the state is excluded.

Yellow Ribbon Program mandatory

The Yellow Ribbon Reintegration Program is a Department of Defense-wide effort to promote the well-being of National Guard and Reserve members and their families by providing Airmen with information and resources before, during and after a deployment. The program facilitates access to critical information on health care, education/training opportunities, financial and legal benefits. YRRP is mandatory for all deploying Airmen. For more information, contact Sandy Scott in Family Readiness at 717-948-3155 or visit <http://www.yellowribbon.mil/index.html>.

March for the Fallen set for April 28

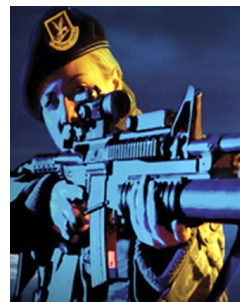


The Second Annual 28-mile March for the Fallen is set for April 28 from 6 a.m. to 5 p.m. at Fort Indiantown Gap. Registration is \$20 and open to anyone. The course is a challenging, continuous loop around the Gap beginning and ending at Blue Mountain Track. The course ascends

Hawk Watch Mountain and runs along paved roads and densely wooded trails. Water points will be located every five miles. Participants may join one of two divisions: the military/heavy division, which requires full uniform, mil-spec boots and a pack weighing at least 35 lbs. (awards will be given to the top three competitors); or the personal challenge, where participants may run, walk or march some or all of the route, and may turn around at any point. All participants will receive a t-shirt. To register, visit http://www.pngas.net/events/event_details.asp?id=287998. For more information, e-mail Major Chuck Kim at chuck.kim@us.army.mil.

Ban lifted on women in combat

The DOD announced recently that the ban on women in combat has been lifted. A press briefing was held concerning this historic announcement but details regarding how the decision will affect combat missions have yet to be released.



Local media representatives could be interested in how this may impact the mission of the 193rd SOW. Airmen are reminded to not directly engage the media and to refer any media inquiries immediately to the wing public affairs office at 717-948-2231.

Dental exams must be priority

Members at the wing are reminded that dental exams are a vital part of unit readiness. Tricare offers affordable dental insurance for military members and their families through MetLife. For more information on the coverage and premium costs of these plans, visit metlife.com/tricare.

Members without dental insurance coverage may still receive a free dental exam once a year in order to maintain expeditionary readiness. They must report to the 193rd SOW dental clinic and fill out a form requesting an exam. One will be coordinated for them.

Strong Bonds retreat for couples

A Strong Bonds retreat for married couples is set for April 5-7. The location this year will be in Tannersville, Pa., at the Chateau Resort. All expenses are paid to include lodging, meals and tuition. Please e-mail Chaplain Shannon Pitts to reserve a spot. For more information about the location, visit www.chateaurort.com.

Recruiting for coed softball team

The 2013 season for the 193rd SOW's coed softball team is set to begin in April. Those interested in playing this year or who have questions about the team should contact Master Sgt. Sue McMurray at 717-948-2129 or Master Sgt. Nhan Vo at 948-2382.

March MENU



Saturday

MAIN LINE:

Corned beef
Savory baked chicken
Seasoned rice
Parsley potatoes
Buttered cabbage
Wax beans
Soup du jour
Salad bar
Assorted desserts

SNACK LINE:

Hamburger
Cheeseburger
Chicken fritters
Baked beans
Tator tots

Sunday

MAIN LINE:

Stuffed cabbage rolls
Baked ziti
Scalloped potatoes
Rice
Brussel sprouts
Mixed vegetables
Soup du jour
Salad bar
Assorted desserts

SNACK LINE:

Hamburger
Cheeseburger
Grilled reuben sandwich
Baked beans
Tator tots

Scope

Col. John Dickinson, **Acting Commander**
Maj. Amy Crossley, **Wing Executive Officer**
Capt. Jay Ostrich, **Chief of Public Affairs**
Senior Master Sgt. Dave Hawkins, **PA Superintendent**
SCOPE Staff

Tech. Sgt. Erin Heiser
Tech. Sgt. Culeen Shaffer
Staff Sgt. Susan Penning
Senior Airman Claire Behney

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NEWS&EVENTS continued ...

Wing earns outstanding unit award

The 193rd SOW recently earned its 16th Air Force Outstanding Unit Award. This award is given to units that have demonstrated meritorious service or achievement that distinguishes them from others. Airmen assigned to the wing from Oct. 1, 2010 to Sept. 30, 2011 may wear the award ribbon. Also, a 16th streamer was added to the wing flag to commemorate the achievement.



'Fraudulent assignment' e-mail a hoax

A known phishing attempt for personal information related to the cancellation of follow-on assignments is being distributed. Airmen are advised not to respond to this type of e-mail and not to provide personally identifiable information. PII is information that can be used to uniquely identify, contact or locate a single person or can be used with other sources to uniquely identify a single individual. Phishing is typically carried out by e-mail spoofing and it often directs users to enter details at a fake website or respond to an e-mail address with PII.

All automated assignment notification, modification and cancellation e-mails should be validated upon receipt through the Virtual Military Personnel Flight or by contacting the Total Force Service Center. The link to this warning can be found at https://gum-crm.csd.disa.mil/app/answers/detail/a_id/24244.

Officer positions available

The 193rd Special Operations Maintenance Group has an opening for an aircraft maintenance officer. Anyone interested in the position should forward his/her resume to Capt. Andrew Odell at charles.odell@ang.af.mil, DSN 423-2338. Resumes will be accepted until the end of April Unit Training Assembly.

There is an opening for a traditional intelligence officer, supporting the EC-130J Commando Solo and SOF FLEX missions. The deadline for submissions is March 29. Send resumes to Major Marvin Laing at marvin.laing@ang.af.mil, DSN 423-2298. The alternate point of contact is Capt. Darren Zimmerman at DSN 423-3287.

Historic yearbook in progress

The 65th Anniversary Yearbook Committee continues to diligently work on the publication of a 193rd SOW 65th Anniversary Yearbook.

Distribution of the publication is due on April 20. Those interested in ordering a copy of this historic yearbook should see their respective points of contacts listed on the order form on the following page.

Bunny Run set for March 30

The Psycho Warriors Motorcycle Riding Club is hosting the 9th Annual Bunny Run March 30 starting at the Hummelstown Fire Department. All motorcycle riders are welcome. Hot breakfast foods will be offered starting at 7 a.m. The cost is \$7 for food and the ride. The ride will depart at 10 a.m.

As part of the event, the club is accepting any and all NEW Easter-related stuffed animals. These stuffed animals will be donated to children in area hospitals to include the Ronald McDonald House in Hershey.

The Hummelstown Fire Department is located in Dauphin County between Harrisburg and Hershey just off Route 322. From the west, get off at the Hummelstown Exit and turn left. Head toward town. At the red light, turn right and proceed three blocks. The fire department will be on the right. Fire police will be directing traffic. For more information, contact Rich Fanning at 717-443-9672 or rich.ard.fanning.1@ang.af.mil; or Timothy Greiner at 371-4560 or timothy.greiner.1@ang.af.mil.

Safety newsletter full of information

Safety is everyone's responsibility. The Wing Safety Office publishes a safety newsletter every month before drill for Airmen's education and enjoyment. Anyone can access the newsletter on the shared drive and can even look at past months. The newsletter covers not only workplace safety issues but also general safety information for unit members and their families. Airmen are urged to take time to read it and learn something new.

VFW requests support for Pa.

'Woman Veteran' license plate

The Department of Pa. Veterans of Foreign Wars is requesting support for a project designed to shine a spotlight on the significant role that female veterans have played throughout history.

Cynthia Good, a retired chief master sergeant from the wing, is spearheading efforts to get the Commonwealth to create a special "Woman Veteran" license plate. She has received initial support from several state lawmakers and the VFW is supporting her work to create broader support in both chambers of the state legislature.

Good and the VFW are requesting 193rd Airmen's support of legislation to create this license plate during the 2013 legislative year. The bill that has been introduced is House Bill #199.

Also, a petition will be available at the Women's Veteran Symposium in Gettysburg this weekend. Good is hoping to get many signatures at that event.

193D SPECIAL OPERATIONS WING 65TH ANNIVERSARY YEARBOOK
ORDER FORM

Yes, I would like to have a role in preserving the historic legacy of the 193D Special Operations Wing (SOW) and provide the following information to facilitate my order. I understand the books will be distributed to individuals at the 193 SOW Association's annual membership meeting on Saturday April 20, 2013 at 1500 in the 193 SOW Dining Facility, building 81.

NAME/RANK: _____

SQUADRON/UNIT/PHONE NUMBER: _____

NUMBER OF BOOKS DESIRED (\$15 EACH): _____

ALTERNATE PHONE NUMBER/POINT OF CONTACT INFORMATION:

Return this order form with payment (prefer a check) made out to the 193D SOW Association to your Group Point-of-Contact no later than close-of-business March 10, 2013.
Group Points-of-Contact are:

Mission Support Group (SOMSG):

TSgt Pamela Nee

Wing Staff and Medical Group (SOMDG):

CMSgt Kenney Souders

Maintenance Group (SOMXG):

Captain Jose Olivas

Operations Group (SOG):

1 Lt Timothy Carlin

Regional Support Group (RSG):

MSgt Noelanie Uhl

Stay tuned for future information on details of the distribution of the yearbooks at the Association meeting on 6 April 2013. For any questions on this subject contact Lt Col Dave Palmer at 570-498-6637 or 717-948-2202. Additionally, one may contact him with his/her order by contacting Lt Col Palmer at djpalmer@epix.net or david.palmer.4@ang.af.mil One may also contact Lt Col Susan Stuck at susan.stuck@ang.af.mil or 717-948-3290.